



Volume 2 • Issue 2 • Mar-Apr 2017

# The Berean BROADCASTER

## WOMEN INTENTIONAL FOR GOD

### WHAT'S INSIDE

2017 Women's Season  
Chairpersons' Messages  
*PAGE 2*

The Fashion Beat  
*PAGE 3*



### SCRIPTURE OF THE MONTH

For if you keep silent at this time,  
relief and deliverance will rise for the  
Jews from another place, but you  
and your father's house will perish.  
And who knows whether  
you have not come to the kingdom  
for such a time as this?  
*Esther 4:14 ESV*

## WHAT I DO THAT BRINGS ME CLOSER TO GOD

*by Dr. Gail Davis*

The sound of waves ebbing and flowing, splashing along the ocean shores, soft ripples dancing lightly to the rhythm of the bouncing water as it dashes against the dock of the bay – the smell of the ocean breeze and salty waters, the sounds of birds melodiously singing in a variety of



chords that only they understand, the sight of fish jumping reminiscent of the lyrics in the popular song "Summertime" – with eyes closed I sit in awe of what my senses pick up in the spirit. When I open my eyes, I marvel at creation so beautifully crafted and designed by God and the fact that I am a part of this awesome work of art we call life. You see, what I love to do that brings me closer to God is sit by the water. It does not have to be water found in a distant place

*continued on Page 4*

## FROM THE EDITOR

Welcome to another fantastic Women's Season at Berean! For the 1<sup>st</sup> time, we have two young adult women leading us through our March festivities. Exemplary commitment and dedication have been shown by these two wonderful women of God, Krystianni Hills and Lody Lambert. I am so proud of who they are and what they have become - young and seasoned alike can learn from them. They do not pretend to be perfect, but rather are steadfast in their devotion to God. In this issue, you will read how they are intentional in using their God-given talents to serve Him and their community. Dr. Davis gives us a glimpse into how she connects with God spiritually and through nature. Don't forget to give our health tip a glance - Rev. Gipson-Carroll gives us the guidelines and tools for prevention of UTIs. Here's to a happy and healthy Women's Season. Perhaps, during your time of meditation, you may reflect on the many ways you are intentional for God. *Enjoy.*

### THE BROADCASTER TEAM

Elizabeth Duplessy | Editor  
Alicia Fabre | Black Interest  
Annie Hickson | Operations  
Kyrie Hills | Fashion & Beauty  
Lody Lambert | Recruitment  
Colleen Nation | Recipes  
The Nurses Ministry | Health  
Maureen Williams | Photographer  
Joseph Jones | Diaconate Advisor

# WOMEN'S SEASON 2017 CHAIRPERSONS



Hello Bereanites! My name is Krystianni Hills and I am honored and humbled to be your Chairperson for Women's Season 2017. When I first got the call for the position, I was shocked! I could not believe that I was bestowed this awesome privilege. After accepting the nomination, I began to see what work needed to be done and I prayed asking God to use me as I lead this Women's Season. I have grown up in Berean and over the years I have had the pleasure to see many successful Women's Days. As we embark on this year's Women's Season, I am excited to see new things that God will do and the new ways that God will use the women at Berean. I want to thank everyone who has been a constant source of support and I ask that you continue to pray that God shows me how to be a successful chairperson. I am thrilled to see how God will use each and every one of us as we are intentional for Him.

*We are Women with Intentionality for Such a Time as This!*

**-Krystianni Hills,  
2017 Women's Day Chairperson**

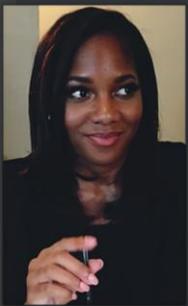
This year, Women's Season has a much different meaning because I no longer feel like an attendee or visitor. This year, I feel like I am part of something wonderful and am so honored to be chosen as vice chair of this year's Women's Season. It feels like just yesterday, I was walking down the aisles of the church towards the altar to become a candidate for baptism. In that same year, I attended my first Women's Day at Berean. And I was moved and deeply touched by the sisterhood and knew that I would be fulfilled by being a part of it somehow. This blessing was bestowed on me at the right time!

*Let us continue to be intentional for God and use our unique talents and abilities to serve Him. There is no greater honor!*

**-Lody Lambert,  
2017 Women's Day  
Vice Chairperson**



# THE FASHION



# B E A U T

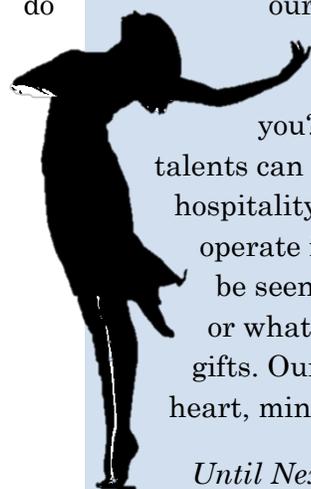


By K.Hills

## GOT TALENT?

Hello My Berean Beauties,

Spring is right around the corner, but we are first greeted by March: the wonderful Women's Month and Season. As we embark on this journey to Women's Day and finding the Esther within us, we must realize the gifts and talents God has placed inside of us and give them back to him in order to serve him and be able to do



our part for the up keep of his church and kingdom. Now, there are things that we work hard to be great at and then there are things that we have a natural gift for. What is that thing for you? What can you do easily and it comes off effortlessly? These talents can range from singing, dancing, directing and managing to hospitality, serving, and taking care of children. We have to learn how to operate in our own unique gift and not be envious of others' talents. Someone might be seen because they are upfront singing or dancing, but it does not mean that you or what you have to offer matters less. We all play a part. There are no big or small gifts. Our gifts are to be given back to God so that we may worship him with all our heart, mind, and soul. "Someone somewhere is waiting on you to use your gift"



*Until Next Time my Berean Beauties,  
K.Hills*

## Ask the Nurse

### UTI PREVENTION

Whether it's the first time or a recurring issue, urinary tract infections (UTIs) are never fun. And while they can happen to both men and women, the frustrating fact is that females are a lot more likely to suffer with them. About 50 to 60 percent of adult women have had at least one in their lifetime. Luckily, almost all UTIs can be treated quickly and effectively.

Here are some important ways you can prevent a UTI:

- opt for pads vs. tampons
- wear breathable clothes (*refrain from wearing clothing that is too constricting*)
- wear breathable intimates (*materials such as cotton work best*)
- practice common-sense hygiene (*wipe from front to back*)
- eat fermented foods (*foods high in probiotic bacteria, such as yogurt and kefir*)
- avoid certain feminine products (*e.g., body powders, sprays, and douches*)
- the Power of Cranberry (*cranberry and cranberry juice help flush out the bacteria that can cause a UTI*)



**Rev. Bennetta Lee Gipson-Carroll**

# WHAT I DO THAT BRINGS ME CLOSER TO GOD

*(continued from Page 1)*

.....it may very well be the Canarsie Pier or Coney Island, or by the lake in Prospect Park, or just in my bathtub, but it is where my soul is free and my creative spirit flourishes. It is where I intentionally go for peace and receive revelation from the Divine – where I intentionally go when I need to center my thoughts and write. In the stillness by, in or near water is where I sometimes experience submergence – it is as though I am engulfed in creation's womb, that I am in a space where God, Holy Spirit and Jesus Christ are – and in that space they have my ear. -GD



## Cooking With Coleen

### Spring Salmon

*Try this delicious recipe for the Lenten Season.*

*Here is what to do:*

Wash salmon and pat dry. Rub salt, garlic powder, and black pepper or Old Bay dry seasoning to taste, then put aside. Sauté bell peppers, onions, and diced tomatoes in oil, margarine or butter. Place salmon in pan and spoon sautéed seasoning over it. Cover sauce pan and steam for about 10 minutes. Garnish finished salmon with parsley and lemon wedges. Enjoy!!!

# EVENTS

## THE MOTHER'S DAY STORYBOOK

The Broadcaster Team is putting together our 1<sup>st</sup> ever storybook and it will be written by you Berean! Share an event or situation between you and your mother that impacted you most. Your picture will also be featured. We are re-introducing "storytelling" to our community. Good, great, or sad - our stories are powerful! What experiences helped define us? our characters? our personalities? How did our mothers play a part? If you are interested in being part of our storybook, please see Sis. Liz Duplessy or email us at [bereanbroadcaster@gmail.com](mailto:bereanbroadcaster@gmail.com). Donation: \$5.00



*Join the Broadcaster Team! We want your input and creativity to put together our remaining 4 issues for the year. Send an email to [bereanbroadcaster@gmail.com](mailto:bereanbroadcaster@gmail.com) to find out how you can help!*

## Giving Back to God

I use my talents to serve God every day through my deeds at work - working with the elderly. As a nursing student, I believe that God has given me a talent and one that I love. I may not play an instrument or a sport, but I know that I have a gift that God has created and bestowed upon me. He has given me a passion and ability to help people and that is something that I want to be doing for the rest of my life. I am so grateful to God for blessing me with such an amazing talent that is unique to me. God has great talents for each of us, we just have to go out and pursue them. – Alicia Fabre

